

| PUSH/PULL ACTIVITIES | | | |
|-------------------------------------|-------------------------------------|-----------------------------------|---------------------------------------|
| PROGNOSIS | UP TO 50 POUNDS MODERATE PUSHING | UP TO 100 POUNDS HEAVY PUSHING | OVER 100 POUNDS VERY HEAVY PUSHING |
| 1. CAN DO NOW | 1, 2, 2 | 1, 1, 2 | 1, 1, 1 |
| 2. CAN DO INFREQUENTLY | 2, 3, 3 | 1, 2, 3 | 1, 1, 2 |
| 3. AVOID AT PRESENT | 3, 3, 3 | 2, 3, 3 | 1, 2, 3 |
| 4. CAN ONLY EVER DO INFREQUENTLY | 4, 5, 5 | 1, 4, 5 | 1, 2, 4 |
| 5. AVOID PERMANENTLY | 5, 5, 5 | 2, 5, 5 | 1, 4, 5 |

FIG. 11

| LIFTING ACTIVITIES | | | | | |
|-------------------------------------|--------------------------|-------------------|----------------------|--------------------|------------------------|
| PROGNOSIS | SMALL/LIGHT SEDENTARY | UP TO 50 LIGHT | UP TO 50 MODERATE | UP TO 100 HEAVY | OVER 100 VERY HEAVY |
| 1. CAN DO NOW | 1, 2, 2, 2, 2 | 1, 1, 2, 2, 2 | 1, 1, 1, 2, 2 | 1, 1, 1, 1, 2 | 1, 1, 1, 1, 1 |
| 2. CAN DO INFREQUENTLY | 2, 3, 3, 3, 3 | 1, 2, 3, 3, 3 | 1, 1, 2, 3, 3 | 1, 1, 1, 2, 3 | 1, 1, 1, 1, 2 |
| 3. AVOID AT PRESENT | 3, 3, 3, 3, 3 | 1, 1, 3, 3, 3 | 1, 1, 3, 3, 3 | 1, 1, 2, 3, 3 | 1, 1, 1, 2, 3 |
| 4. CAN ONLY EVER DO INFREQUENTLY | 4, 5, 5, 5, 5 | 1, 4, 5, 5, 5 | 1, 1, 4, 5, 5 | 1, 1, 1, 4, 5 | 1, 1, 1, 2, 4 |
| 5. AVOID PERMANENTLY | 5, 5, 5, 5, 5 | 1, 5, 5, 5, 5 | 1, 2, 5, 5, 5 | 1, 1, 2, 5, 5 | 1, 1, 1, 4, 5 |

FIG. 12

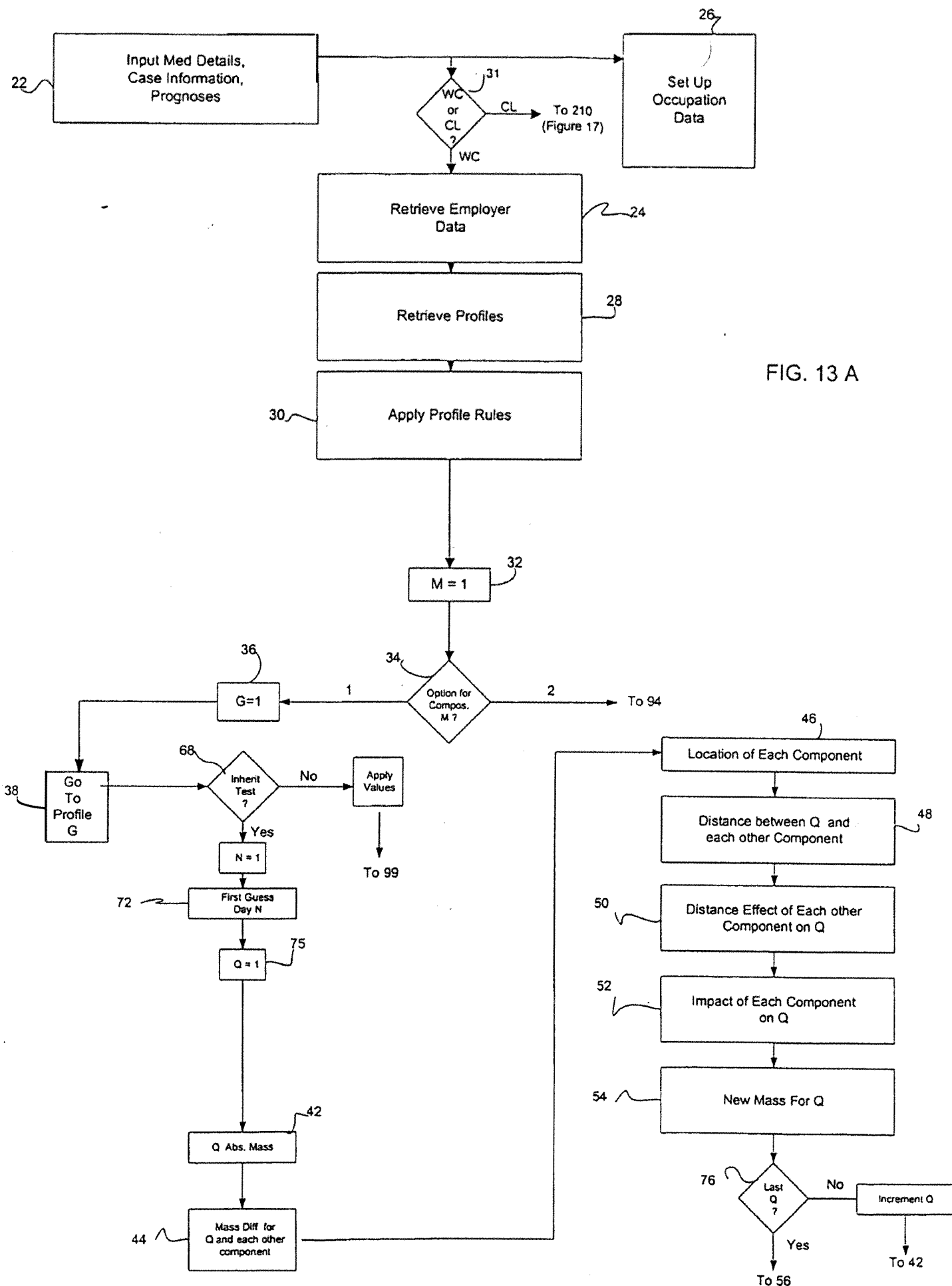


FIG. 13 A

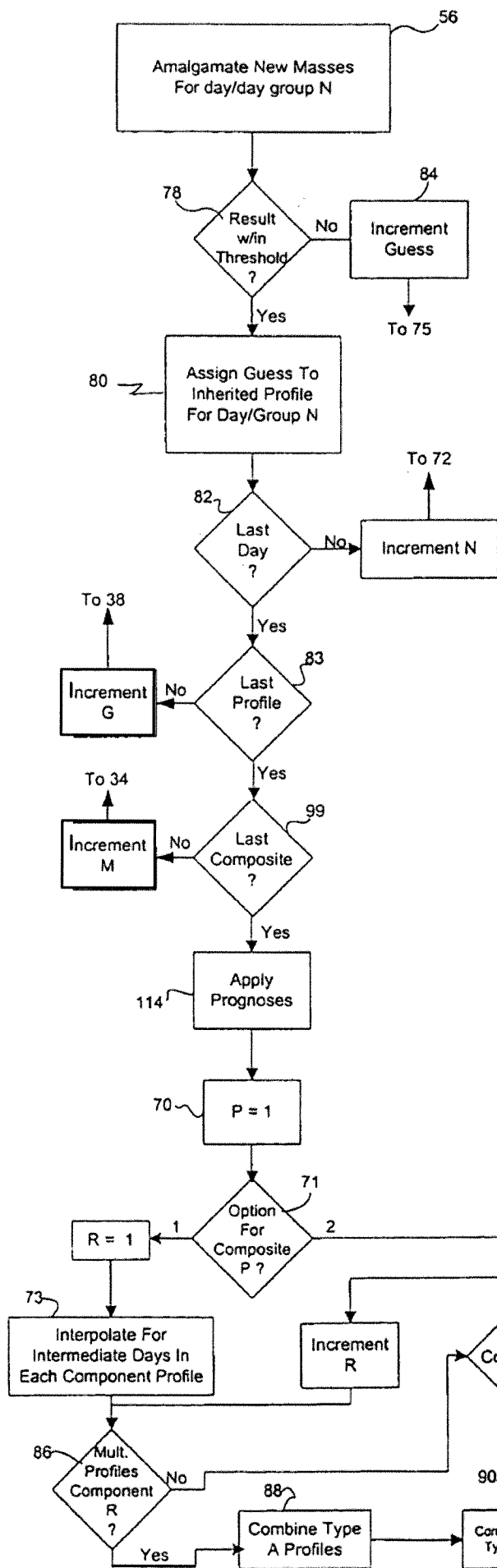
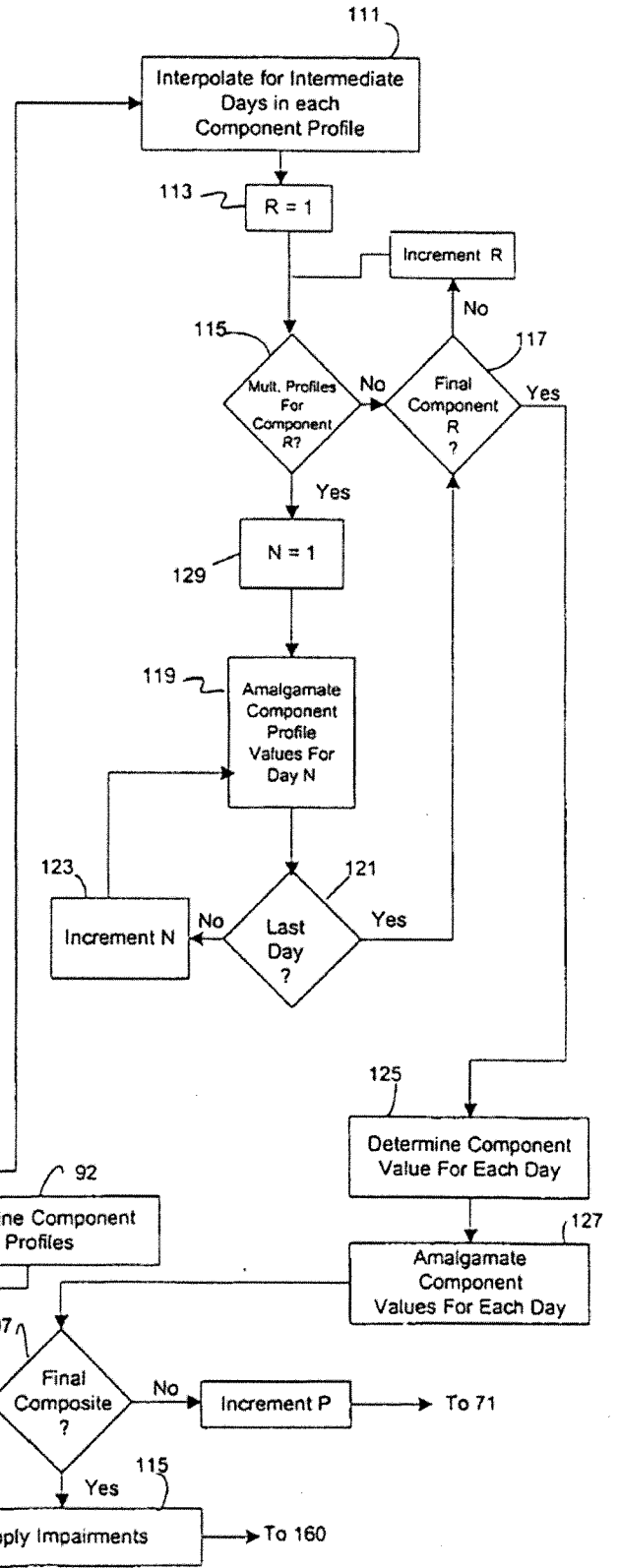


FIG. 13 B



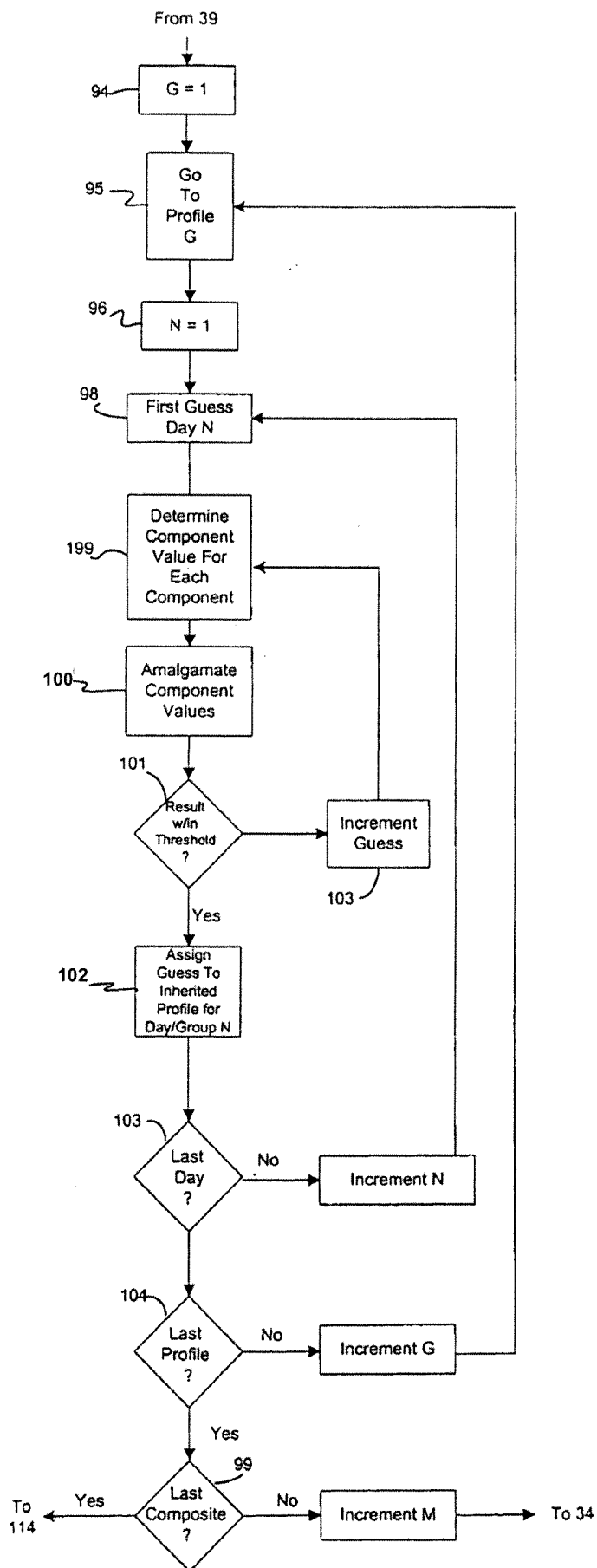


FIG. 13 C

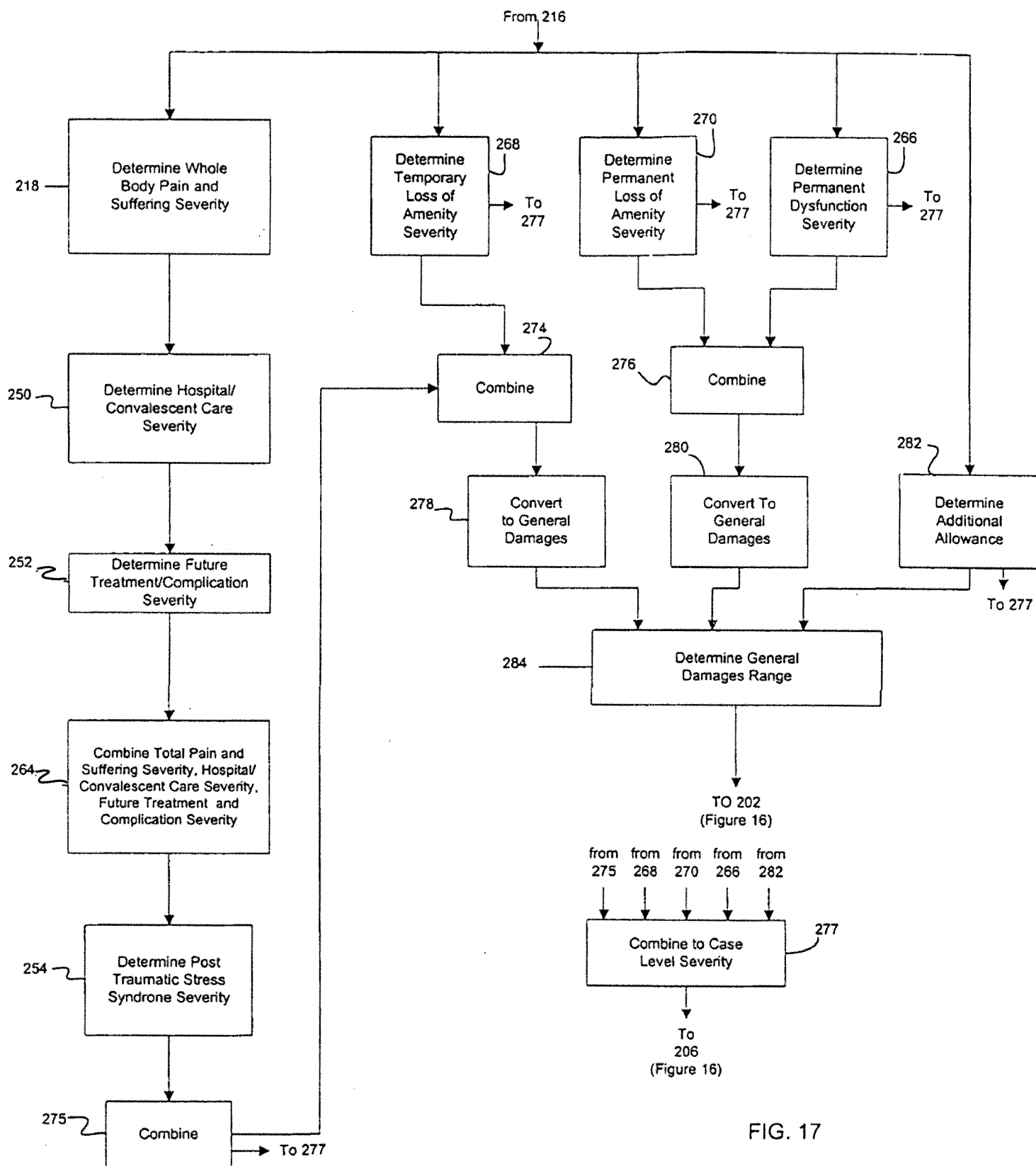


FIG. 17